

ABC Yoga

Moving our bodies to the words that start with the ABCs!

Big Idea

Children explore the alphabet and practice healthy body movements through yoga.

Standards

4.B.ECa With teacher assistance, recite the alphabet	Children will be reciting the ABCs while doing yoga
4.C.ECd With teacher assistance, isolate and pronounce the initial sounds in words.	Each yoga position is the sound of each letter in the alphabet while children practice initial sounds.
19.A.ECb Move with balance and control in range of physical activities.	Children will be practicing balance and control for each yoga movement.

Materials

- Soft surface for sitting
- Calming music

Setup

Set up on a yoga mat or somewhere with enough space on the carpet for movements.

Directions

1. Start by taking deep breathes in to settle in.
2. ABCs
 - A – Airplane
 - B – Butterfly
 - C – Cobra
 - D – Dog
 - E – Easy pose
 - F – Frog
 - G – Grab
 - H – Happy twists
 - I – Inhale
 - J – Jack in the box
 - K – Kite
 - L – Lion
 - M – Mouse
 - N – New pose
 - O – Otter
 - P – Peacock
 - Q – Queen

- R – Rag doll
 - S – Snake
 - T – Triangle
 - U – Unicorn
 - V – Volcano
 - W – Waterfall
 - X – X cross your arms
 - Y – Make a Y for Yes!
 - Z – Zero
3. Spend as much time as you feel your body needs for each movement. Feel free to make up your own body movements for the letters too!

Investigation Questions:

- What was your favorite pose? Why?
- What was your least favorite pose? Why?
- Can you name any other poses for any other letter?
- How did yoga make you feel?
- How does your body feel afterwards?
- If your name was a pose, what would it look like?